

Corn Broccoli Bake5

Number of Servings: 5 (116.31 g per serving)

Amount	Measure	Ingredient
1.00	cup	Corn, cream style, cnd
9 1/2	oz	Broccoli, chpd, 80% ckd, fzn
5/8	ea	Eggs, whole, raw, lrg
8.00	ea	Crackers, saltine, unsalted tops
2 1/2	tsp	Spice, onion, minced, dehyd
0.03	tsp	Spice, pepper, black

Nutrients per serving

Nutrition Facts		
Serving Size (116g)		
Servings Per Container		
Amount Per Serving		
Calories 90		Calories from Fat 10
		% Daily Value*
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 25mg		8%
Sodium 230mg		10%
Total Carbohydrate 15g		5%
Dietary Fiber 2g		8%
Sugars 5g		
Protein 3g		
Vitamin A 8% • Vitamin C 40%		
Calcium 2% • Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

A #303 can of creamed corn = 1 3/4 cup. A #10 can of creamed corn = 12 1/2 cups

Combine creamed corn; drained, partially cooked broccoli; eggs; crumbs; onion and pepper. Turn into baking pan and cover with foil. Bake 40-60 minutes at 350 degrees.

Serve #8 scoop, or 1/2 cup/serving

1/2 c = ~16 grams carbohydrate = 1 Carb Serving